

# WOMAN Challenge

**W**omen and girls **O**ut **M**oving **A**cross the **N**ation

Sponsored by: Office on Women's Health, U.S. Department of Health and Human Services

## ***Congratulations!***



***You've just taken your first step in the WOMAN Challenge.***

*Together with women and girls across the nation,  
you will take part in an important challenge —  
to increase your physical activity for a healthier lifestyle!*

### ***Enclosed you will find...***




*all of the materials you need  
for the Challenge, as well as  
useful information about  
women's health.*

### ***We would like to remind you to:***

-  *Record your physical activity (in steps or minutes)  
every day beginning on  
Mother's Day, Sunday, May 11th.*
-  *Track your physical activity each day on the tracking  
log and record it weekly on the "My Challenge"  
section of the website.*

### ***Visit the WOMAN Challenge website***

[www.womenshealth.gov/woman](http://www.womenshealth.gov/woman)

-  ***My Challenge section*** –  
*double-check that your email address is correct to  
ensure you receive all WOMAN Challenge progress  
reports and weekly health messages*
-  ***What's New section*** –  
*stay up-to-date on the latest WOMAN Challenge news*
-  ***Help Center*** –  
*for answers to many of your questions*

***Let's get moving  
and have fun!***